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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (93-39)//
POC/CAPT PERRY BISHOP/-/MED-00P (PUBLIC AFFAIRS)/-/TEL:(202)
653-1315/TEL:DSN 294-1315/-//
RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION
AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN
EMPLOYEES, DEPENDENTS, AND RETIRED BENEFICIARIES OF NAVY
MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER
REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS
MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE
CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO
MARINE CORPS ACTIVITIES.
2. RESPECTFULLY REQUEST FLEET COMMANDERS READD TO SHIPS AND
OTHER SUBORDINATES WITH MEDICAL PERSONNEL, AS OPERATIONAL
CONDITIONS PERMIT.

3. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
(930384)-New ID Cards In Use
(930385)-Navy Corpsman Raises Money for AIDS Research
(930386)-NMC Portsmouth Completes Self-Help Project
(930387)-Navy Nurse Selected as JCAHO Fellow
(930388)-Clinic Cyclists Ride in MS Tour for Cure
(930389)-All Hands Wants Your Head
(930390)-Med School Applications Continue to Rise
(930391)-HEALTHWATCH: The Good and Bad of Cholesterol
(930392)-HIV and You!
(930393)-Navy Officers to be Honored at AMSUS (para 4)

HEADLINE: New ID Cards In Use

CNO Washington (NSMN) -- Don't be surprised if someone presents a "new-fangled," bar-coded, machine-readable DOD ID card at your medical or dental treatment facility in the near future. The Department of Defense is testing a new automated identification card system. During the test period, which will run from October to December 1993, participating facilities will issue the automated card instead of the current card for individuals within the test sites who need new ID cards for reasons including card expiration, promotion or lost cards.

"All facilities currently requiring ID cards for access or privileges ... should be aware the new automated ID card has arrived and is authorized," says a recent message announcing the test (NAVADMIN 179/93 dtg 051310Z October 1993).

Among the benefits of the new system is that it will "provide a secure, positive form of identification that is more resistant to damage, tampering and counterfeiting," says the message. "Assuming a successful test period, a full implementation schedule will commence in January 1994 with a world-wide completion date expected within four to five years.

Other test sites include Kelly AFB, TX (USAF), Fort Belvoir, VA (USA), MCDEC, Quantico, VA (USMC), USCG HQ, Wash. DC (USCG), Rockville, MD (PHS, NOAA)." The Navy site is PSD Little Creek, VA.

-USN-

HEADLINE: Navy Corpsman Raises Money for AIDS Research

NAVHOSP Newport, RI (NSMN) -- Is an ounce of prevention worth a ton of cure? HM3 William Crossland thinks so. As a preventive medicine technician at Naval Hospital Newport, his number one concern is preventing people from getting sick. By accomplishing his job, he helps reduce the hospital's patient load.

"My success is gauged by the low number of people who get sick," Crossland, 26, said. "If a lot of people do get sick, my (preventive medicine) program needs to be reevaluated."

Although Crossland's medical training has helped him keep most of the sailors in Newport healthy, there is one problem that neither Crossland, nor any other person in the medical field, has been able to cure -- AIDS.

Since reporting to Newport in May 1992, Crossland has been a volunteer for Rhode Island Project AIDS, which helps raise funds for AIDS research.

Medically speaking, Crossland is all too familiar with the health risks associated with the deadly disease. He said volunteering some of his free time working for such a cause is the least he can do.

"Ever since I was growing up, I've liked volunteering," Crossland said. "I've helped with the March of Dimes and Special Olympics, too."

The example Crossland sets for others by volunteering isn't unique in the Navy, especially in Newport.

In 1992, almost 150 Navy men and women volunteered as tutors in local schools in the Newport area. Fifteen commands have formed "Adopt-A-School" partnerships with youth organizations and schools in the area.

These efforts are in keeping with the Navy's increased emphasis on community involvement. Last year alone, more than 500,000 Navy volunteers reached out to 150,000 children through 1,000 partnerships worldwide.

Crossland's efforts in Newport are in keeping with his long-range goal, which is to become a physician assistant. He said he is always looking for avenues to expand his medical knowledge.

So how does one prevent others from getting sick? Crossland said some of the ways are basic hygiene and getting vaccinations.

"Preventive medicine is food sanitation, water quality, ventilation, medical entomology and pest control, and immunizations," Crossland said. "Before preventive medicine was invented, more people died in wars because of disease than gunshot wounds."

Once majoring in biology at the University of North Carolina at Chapel Hill, Crossland said he joined the Navy for two reasons: primarily, because he ran out of money for college, but also because he knew the Navy had a physician assistant program.

Now he can add another reason: "I like the responsibility the Navy gives me," he said.

In the near future, Crossland will pack his medical bag and fly to the South Pole where he will provide medical assistance to Navy members assigned to Operation Deep Freeze, a year-round support command for ships and submarines operating in that part of the world. Additionally, the ice camp serves as a scientific research platform.

"As an emergency medical technician (EMT), I've had cold weather training," Crossland said. "I'll spend about 50 percent of my time there preventing illness and 50 percent treating patients."

Crossland is considering making the Navy a career, but he doesn't plan to serve as an enlisted person for 20 years.

"My long-range goal is to become an officer within the first five years in the Navy," Crossland said.

Entering the Navy in January 1991, he has plenty of time to reach his goals. Crossland said that with a little luck, the money he helps raise through Rhode Island Project AIDS will help fulfill a goal shared by thousands of doctors and even more AIDS victims -- finding a cure.

Story by JOC(SW) Gregg L. Snaza

-USN-

HEADLINE: NMC Portsmouth Completes Self-Help Project

NMC Portsmouth, VA (NSMN) -- The Naval Medical Center Portsmouth recently completed a self-help project, "Facelift 215: Self-help excellence," which NMC's commander, RADM William J. McDaniel, MC, said provided a savings of more than half a million dollars in labor costs alone.

The project, begun in late May and completed in August, focused mainly on the patient care areas of the main hospital, building 215.

Crew members of USS Harry E. Yarnell (CG 17), members of Construction Battalion Unit 411 and staff members of the medical center spent the three months "making the old young again." NMC Portsmouth is the Navy's oldest active hospital.

The call for assistance in the self-help project reached Yarnell's commanding officer, CDR Jeffrey Maydosz, and the ship's command master chief, PNCM(SW) Charles Claybourn, who asked for volunteers. Around two dozen Yarnell sailors volunteered, as did three members of CBU-411 and 12 hospital staffers.

A 25 August awards ceremony recognized all the hard working sailors, and three civilian workers, for all the time and energy spent toward making the medical center a more pleasant environment. The group had spent more than 14,500 work-hours putting up more than 4,500 linear feet of bumper pads and 1,500 linear feet of handrails; plastering and painting all walls in in-patient wards and the major stairwells, using more than 300 gallons of paint and 150 gallons of plaster; refinishing 150 doors; replacing numerous light switches, outlets and connections; and hanging 200 signs and 150 modern bed lights.

The medical center plans to continue its self-help efforts, with next year's project centered around the in-patient clinics

in building 215.

Story condensed from an article by HM3 Christina L. Weinreber
that appeared in The Flagship, 7 October 1993

-USN-

HEADLINE: Navy Nurse Selected as JCAHO Fellow

NNMC Bethesda, MD (NSMN) -- CDR Marylouise Felhofer, NC, has been chosen the first Navy Medical Department fellow at the Joint Commission on Accreditation of Healthcare Organizations.

Felhofer, head of the National Naval Medical Center's Quality Assessment Department, departed last month for the commission's headquarters outside Chicago. She will spend a year learning how accreditation surveys are conducted. Her career has focused on health care quality, and now she has the opportunity to learn how that quality is judged.

"This is neat being the first Navy person ... behind the scenes seeing how JCAHO sets its standards and conducts hospital surveys," said Felhofer. "I will be learning from the people in the know -- how they're going to look at our hospital. I can come back to Navy medicine with that experience and help our facilities prepare for the survey."

Felhofer chaired the committee that prepares NNMC for its triennial JCAHO survey. Bethesda received accreditation with commendation in 1992, the highest level of accreditation possible, joining an elite 6 percent of hospitals nationwide to have this rating. JCAHO accreditation is also a marker of quality for the Navy in general: The average JCAHO score for Navy treatment facilities is 91.7 vs. the last U.S. average (1991) of 80.3.

It becomes clear as Felhofer speaks that she cares deeply about Navy medicine, that what she wants most to do is contribute to its continuing success. "The big thing is learning how JCAHO operates, so I can bring back pointers to the Navy and help our facilities improve," she said. "It accredits not only hospitals, but also long-term and ambulatory care facilities. The Navy has all of those, so I consider this a unique opportunity."

Story by Teal Ferguson

Reprinted from The Journal, 23 September 1993

-USN-

HEADLINE: Clinic Cyclists Ride in MS Tour for Cure

NMC New Orleans (NSMN) -- Showing signs of both apprehension and excitement, the five members of the Naval Medical Clinic New Orleans cycling team eagerly anticipated the start of the 10th annual MS Tour for Cure. The event, held on the 2nd and 3rd of October and organized by the Louisiana Chapter of the National Multiple Sclerosis Society is a two-day, 150-mile round trip bicycle ride from Hammond, LA, to McComb, MS, and back to Hammond.

The clinic team consisted of team manager HM3 Wayne Wroblewski and four riders: LT Dan Alexander, HMCS Roger Cantwell, HM2 Rick Mechtly and HM3 Shannon Bales. Clinic staff members and friends were also part of the total effort by raising more than \$700 to sponsor the team. All money raised will be

used by the MS Society to fight multiple sclerosis, a disease of the central nervous system.

Training began in August with the team gradually building up to rides of 50 to 60 miles, both on and off the road. The strenuous workouts in the late August heat prepared the team for the extra distance of the tour. One problem was finding local areas with elevation to train in, since most of the course in the MS Tour for Cure involves hilly terrain. That problem was solved with frequent rides "up and over" a local bridge, which at least prepared team members for the psychological challenge of a steady climb.

So, with bicycles in perfect condition and bodies a little less so, the Naval Medical Clinic New Orleans cycling team joined 1,142 other riders on a journey from the campus of Southeast Louisiana University in Hammond to the halfway point at Percy Quin State Park in McComb. Two days, four flats, gallons of Gatorade, thousands of milligrams of Motrin and what seemed like hundreds of hills later, the team crossed the finish line back in Hammond.

Though sore and tired, the team agreed it was a great ride and the satisfaction of completing such a physical challenge while helping others is something they'll remember for years to come. All team members say they're hooked on cycling, anticipate longer, more challenging rides and are looking forward to making next year's tour with an even larger clinic team.

Story by HMCS Roger Cantwell

-USN-

HEADLINE: All Hands Wants Your Head

BUMED Washington (NSMN) -- The Navy's monthly magazine, All Hands, is beginning a "Faces in the Navy" page that will promote the accomplishments and feature head (and shoulders) shots of five or six Navy/Marine Corps team members (active, reserve, family members and Navy civilians).

When someone in your command does something especially noteworthy, contact the Naval Media Center's JOCS R.C. Rucker at (202) 433-4182/4309, DSN 288-4182/4309. You'll also need to send the individual's picture (head-and-shoulders, print or slide), full identification including a telephone number at work, and accomplishment. Submissions must be made within 30 days of the accomplishment. The address is: Naval Media Center; Print Division, ATTN: JOCS R.C. Rucker; Naval Station Anacostia Building 168; 2701 S. Capitol St. SW; Washington, DC 20374-5077.

-USN-

HEADLINE: Med School Applications Continue to Rise

AMA Chicago (NSMN) -- Though many practicing physicians continue to express dissatisfaction with medicine, the number of applicants to medical school continues to rise, according to an article published in the Journal of the American Medical Association early last month.

"The number of applicants to medical schools has risen sharply in the past few years, a result seemingly inconsistent with the dissatisfaction with medicine expressed by many

physicians and with the uncertainties about the eventual outcomes of health system reform," writes Harry S. Jonas, MD, from the Division of Undergraduate Medical Education, American Medical Association, with colleagues.

The authors say between 1989 and 1992 the number of applicants to medical school increased about 39 percent (from 26,915 in 1989 to 37,410 in 1992). They say the number for 1993 may exceed the record 42,600 applicants for slots in the 1974 entering class.

In 1992, 17,464 applicants were accepted (46.7 percent) and 17,001 enrolled. Of those, 15,619 were women (41.8 percent); 21,791 were men. "There were 4,034 underrepresented minority applicants (blacks, Mexican Americans, mainland Puerto Ricans, and American Indians), an increase in 12 percent from 1991," they say. "Of these 1,939 (48 percent) were accepted."

Mean premedical school grade-point average for new students in 1992 was 3.45; 48 percent of first-year students had a 3.5 or better.

The percentage of women in the entering class has increased from 19,627 (29.3 percent) to 25,933 (39.3 percent). The percentage of women enrolled by medical school ranged from 22 percent (University of Utah School of Medicine, Salt Lake City) to 57 percent (Morehouse School of Medicine, Atlanta).

Total number of blacks in their first year of medical school increased from 1,187 in 1988 to 1,398 in 1992. The number of black women increased from 651 in 1988 to 837 in 1992. The number of white males in their first year decreased from 8,016 to 6,993 in 1988.

Of the 15,554 potential graduates in the 1992-93 academic year, "slightly less than half ... initially entered residency training in specialties that can be considered primary care [family medicine, internal medicine, pediatrics, medicine/pediatrics, and obstetrics-gynecology]," they say.

"In the coming years, medical schools increasingly will have to learn to balance internal and external expectations," they write. "In the past, it was the norm that faculties set class size, and determined admission standards, attested to student competence, and were responsible mainly to themselves and the profession for the nature of their product. It is this view of medical education as a 'closed system' that is being challenged by external constituencies. For example, state legislatures are attempting to mandate admission policies and curriculum in order to affect the specialty mix of graduates. It will be difficult for medical schools, especially those that are publicly supported, to avoid addressing these external expectations.

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HEADLINE: HEALTHWATCH: The Good and Bad of Cholesterol

NMC San Diego (NSMN) -- You can't see it, hear it or feel it. It won't make you feel sick. In fact, you may feel fine. But when your cholesterol sneaks up beyond a desirable level, it puts you at increased risk for a heart disease, heart attack, stroke and other cardiovascular diseases.

So where does cholesterol come from? The liver makes most

of the body's cholesterol to help carry fat to parts of the body that need fat for energy and repairs, or to fat storage sites such as hips or belly. Some cholesterol also comes from foods high in cholesterol, such as eggs.

There are different types of cholesterol in the body. The liver places cholesterol into packages, called lipoproteins, made from lipids (fat and cholesterol) and protein. The three types of lipoprotein are VLDL (very low density lipoprotein), LDL (low density lipoprotein) and HDL (high density lipoprotein). Each has a very different job in the body.

VLDL carries fat from the liver to other parts of the body. VLDL becomes LDL after it unloads fat. LDL is called "bad" cholesterol because pieces of it can easily become stuck along blood vessel walls. This buildup of LDL can cause narrowing of the blood vessels.

HDL is called "good" cholesterol. It finds and rescues stuck LDL pieces and brings them back to the liver where they are either recycled into new VLDLs or broken down and excreted.

Modifying the diet is one of the most effective ways to lower cholesterol levels. The most helpful change anyone can make is to lower the amount of fat in the diet. A general goal should be to limit fats to less than one-third of total calories. This can be done by avoiding obvious fats such as butter and hidden fats used in processed foods.

Eat more fiber. One kind of fiber (soluble fiber) lowers cholesterol levels by keeping ingested cholesterol from being absorbed by the body. Oats, beans and fruits are rich in soluble fiber.

Starches (complex carbohydrates) aren't fattening and can lower cholesterol levels by diluting ingested fat. Eat more starches such as grains, beans and root vegetables.

You can feel great knowing your cholesterol is under control, not only because lowering your cholesterol levels will greatly reduce your risk of heart attack, heart disease, stroke and other serious cardiovascular disease, but also because you will have the satisfaction of knowing your actions have put you back on track and in charge of your own well-being.

Story by LCDR Tim Thompson

Reprinted from The Dry Dock, 17 September 1993

-USN-

HEADLINE: HIV and You!

BUMED Washington (NSMN) -- A new video on HIV/AIDS prevention education has been produced by the Chief of Naval Education and Training and the Bureau of Medicine and Surgery. This videotape will be distributed to certified Navy HIV prevention instructors and to various Navy and Marine Corps commands.

The videotape is another medium that can be used to fulfill the upcoming one-hour annual training requirement on HIV/AIDS prevention. VHS versions of select interactive videodiscs will also be available early next year. For more information on training materials, or to become a Navy HIV prevention instructor, call the Navy HIV Program at (301) 295-0048, DSN 295-

0048.

Story by LCDR Catherine Wilson, NC, USN
Surgeon General's Representative for HIV Education Policy
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4. Professional Notes: Information on upcoming symposiums or conferences of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

Scheduled Meetings:

-- 20-23 October 1993, Association of Naval Services Officers (ANSO) National City, San Diego. Theme for the 13th Annual Conference is Recruiting: Uno y uno mas (one and one more). For information, contact LCDR Sierra; (703) 614-2007, DSN 224-2007.

-- 22-24 October 1993, AMA regional meeting, "The AMA Brings Washington to You," San Francisco. For information call 1-800-621-8335.

-- 23 October 1993, AMA regional meeting, "Physicians Forum: Agenda for Action," San Francisco. For information call 1-800-621-8335.

-- 4-6 November 1993, AMA regional meeting, "The AMA Brings Washington to You," Dallas. For information call 1-800-621-8335.

-- 5 November 1993, AMA regional meeting, "Physicians Forum: Agenda for Action," Dallas. For information call 1-800-621-8335.

-- 10 November 1993, 1700-2000, Navy Nurse Corps Reunion, Omni Shoreham Hotel Hospitality Suite, Washington, DC. For information, contact Rosemary Cox, (703) 739-0579.

-- 10-13 November 1993, Naval Hospital Guam 1968 Reunion, Sheraton Crystal City, Arlington, VA. For information, contact Rosemary Cox, (703) 739-0579. (These two meetings were included in a calendar of events provided by The Vietnam Women's Memorial Project. For additional event information connected with the dedication of the Vietnam Women's Memorial at the Vietnam Veterans Memorial on 11 November, contact The Wabasha Group at 1-800-432-1780.)

-- 13-17 November 1993, Association of Military Surgeons of the United States, 100th Annual Meeting, San Antonio.

-- 18-20 November 1993, American Academy of Medical Administrators, 36th Annual Conference and Convocation, San Antonio.

-- 19-21 November 1993, AMA regional meeting, "The AMA Brings Washington to You," Philadelphia. For information call 1-800-621-8335.

-- 20 November 1993, AMA regional meeting, "Physicians Forum: Agenda for Action," Philadelphia. For information call 1-800-621-8335.

-- 7-10 December 1993, Navy Aeromedical Problems Course and Aerospace Medicine Technician Problems Course. For information, call (904) 452-2457/2458, DSN 922-2457/2458. (Also see following article.)

-- 25 February - 4 March 1994, 35th Navy Occupational Health and Preventive Medicine Workshop. For information, contact CAPT

Richard L. Buck, (804) 444-7575, ext. 451.

-- 29-31 March 1994, Sea-Air-Space Exposition, Sheraton Washington Hotel, Washington, DC. For information, contact Pamela Broberg, Navy League of the United States, (703) 528-1775.

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HEADLINE: Navy Officers to be Honored at AMSUS

BUMED Washington (NSMN) -- Several Navy officers are among the award recipients who will be honored at the 13-17 November 1993 Association of Military Surgeons of the United States' 100th Annual Meeting in San Antonio, TX.

Congratulations to:

-- RADM Morris D. Kerstein, MC, USNR, who will receive the Paul Dudley White Award for his many accomplishments as a prolific researcher, outstanding teacher and accomplished peripheral vascular surgeon.

-- CAPT Dennis Knight Heffner, MC, USN, who will receive the Edward Rhodes Stitt Lecture Award for his lecture, "Will a Computer (with vision) Replace the Surgical Pathologist?"

-- CAPT Terry R. Irgens, MSC, USN, who will receive the Andrew Craigie Award in recognition of his sincere interest in people and his exceptional accomplishments for federal pharmacy.

-- LCDR Tracy A. Malone, NC, USNR, who will receive the Mary J. Nielubowicz Award for her paper, "Myth Versus Reality: In Search of the Total Force Concept."

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5. October observances and events occurring 16-23 October:

Breast Cancer Awareness Month

Child and Adolescent Healthcare Month

National AIDS Awareness Month

Family Health Month

Lupus Awareness Month

National Liver Awareness Month

National Physical Therapy Month

National Domestic Violence Prevention Month

National Quality Month

16 October 1845: Ether first used in operation

16 October: U.N. World Food Day

17 October: National Dental Hygiene Week begins

17-23 October: National Infection Control Week

17-23 October: National Patient Account Management Week

18-22 October: National Medical Assistants' Week

20 October: National Medical Assistants' Day

21 October: National Biomedical Research Day

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6. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR E-MAIL TO BUMED, ATTN: EDITOR, NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 653-1315; DSN 294-1315. FAX (202) 653-0086; DSN 294-0086. E-MAIL NMCOENL@BUMED10.MED.NAVY.MIL.

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